

## Plan for Starving Cancer using Jane McLelland's book, 'How to Starve Cancer...without starving yourself'

### My Hallmarks of Cancer

I have identified five abnormal processes that happen as a cell becomes cancerous.

These steps or 'hallmarks' of cancer are:

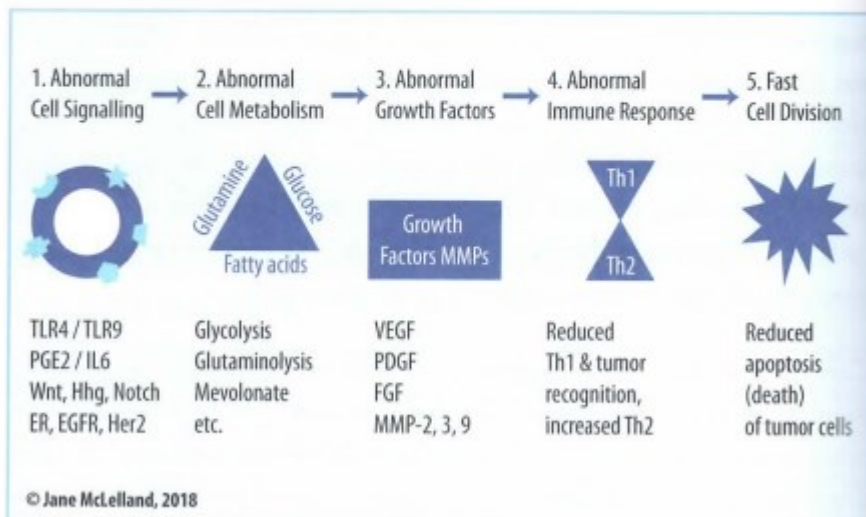


Figure 20.1. My Five Hallmarks of Cancer

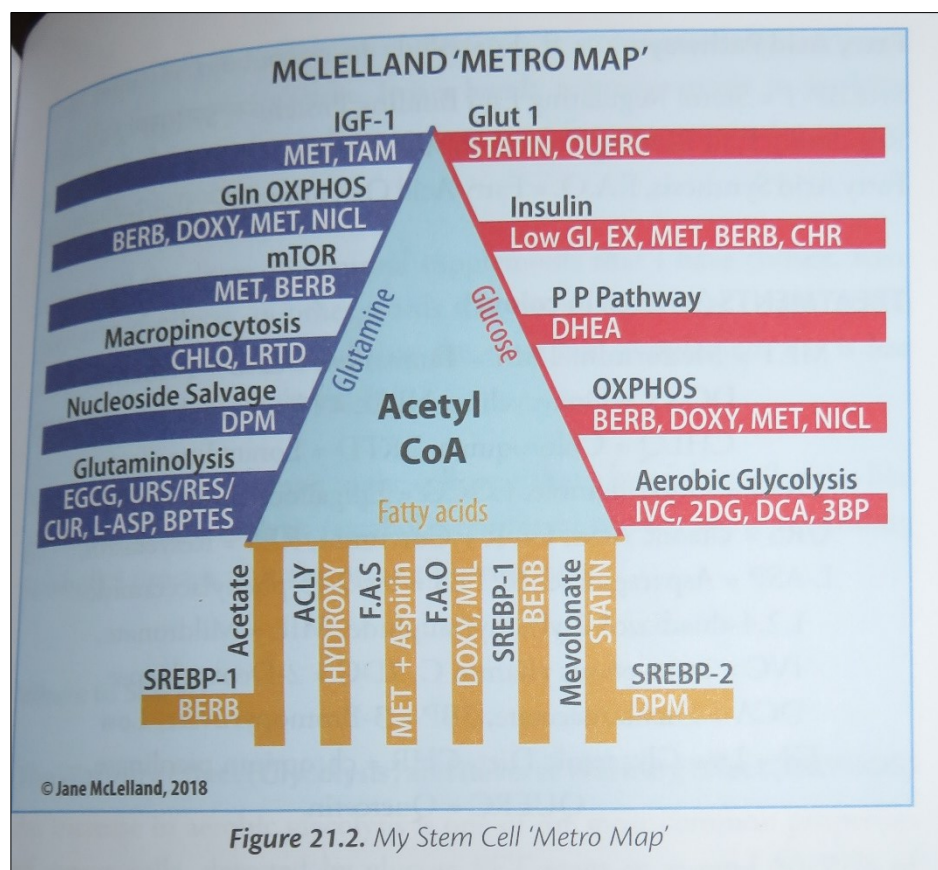


Figure 21.2. My Stem Cell 'Metro Map'

## METABOLIC PATHWAYS

### Glucose Pathways

Glut 1 = Glucose Transporter 1, Insulin, PP Pathway = Pentose Phosphate Pathway, OXPHOS = Oxidative Phosphorylation, Aerobic Glycolysis

### Glutamine/Amino Acid Pathways

IGF-1 = Insulin like growth factor-1, Gln OXPHOS = Glutamine oxidative phosphorylation, mTOR = mammalian target of rapamycin, Macropinocytosis (Autophagy) Nucleoside Salvage (Autophagy), Glutaminolysis, Acetate Pathway

### Fatty Acid Pathways

SREBP-1 = Sterol Regulating End Binding Protein-1, SREBP-2 = Sterol Regulating End Binding Protein-2, ACLY = ATP Citrate Lyase, F.A.S. = Fatty Acid Synthesis, F.A.O. = Fatty Acid Oxidation, Mevalonate Pathway

## TREATMENTS (written in colour)

MET = Metformin, TAM = Tamoxifen, BERB = Berberine,  
DOXY = Doxycycline, NICL = Niclosamide,  
CHLQ = Chloroquine, LRTD = Loratadine,  
DPM = Dipyridamole, EGCG = Epigallocatechin Gallate,  
URS = Ursolic Acid, CUR = Curcumin, RES = Resveratrol,  
L-ASP = Asparaginase, BPTES = bis-2-(5-phenylacetamido-  
1,2,4-thiadiazol-2-yl)ethyl sulphide, MIL = Mildronate,  
IVC = intravenous vitamin C, 2DG = 2-Deoxyglucose,  
DCA = Dichloroacetate, 3BP = 3-Bromopyruvate, Low  
GI = Low Glycaemic Diet, CHR = chromium picolinate,  
QUERC = Quercetin

See also <https://www.youtube.com/watch?v=t0ks0Eehg3Y>

Or <https://www.youtube.com/watch?v=gReudtklq9Y>

From reading Jane's work and doing some of my own research, I have come up with the following list of drugs/natural supplements that I would be willing to take which should work from multiple angles against the cancer.

## 1. Abnormal Cell Signalling

- **Hedgehog signalling** – berberine, metformin or mebendazole.
- **Wnt/beta-catenin** – aspirin
- **Notch** – quercetin (or luteolin)
- **TLR-4** – berberine
- **TLR-9** – curcumin
- **Integrins** - curcumin
- **Estrogen Receptor** – I3C, DIM, melatonin or metformin
- **EGFR** – berberine, EGCG or curcumin
- **Interleukin 1 & 6 (PGE2)** – aspirin (75mg/day?)
- **PPAR gamma** (needs to be activated) – berberine. Root problem is low gut flora which bifidobacterial, omega-3, omega-7, vitamins A & D will help.

## 2. Abnormal Cell Metabolism

### Glucose Pathways

- Aerobic glycolysis – resveratrol, EGCG, Liposomal C or metformin
- OXPHOS – berberine or metformin
- Pentose Phosphate Pathway – ellagic acid
- Insulin – Low GI diet, berberine, metformin
- Glut 1 – quercetin, ECG & EGCG, resveratrol or genistein

### Fatty Acids

- SREBP-1 – berberine
- SREBP-2 – luteolin, curcumin?
- ACLY (ATP citrate lyase) – hydroxycitrate (from Garcinia Cambogia), luteolin, quercetin, herbacetin (from flaxseeds)
- Fatty Acid Synthesis (strongly associated with metastases in breast, prostate and lung cancer) – metformin/berberine plus aspirin, EGCG
- Mevalonate – Bergamot
- Fatty Acid Oxidation – Bergamot

## Glutamine

- IGF-1 – metformin, restricting protein & dairy
- mTOR – metformin or berberine
- Serine (used as fuel for some breast cancers) – aspirin
- Nucleoside Salvage – green tea polyphenols or danshen (from danshen salvia)
- Macropinocytosis – loratadine (claritin), niclosamide (anthelmintic drug), berberine?
- Glutaminolysis – EGCG or ursolic acid plus resveratrol or ursolic acid plus curcumin

### 3. Abnormal Growth Factors

- **MMP-2** – chitin (in abundance in mushrooms) or mebendazole
- **MMP-3** -resveratrol
- **MMP-9** – resveratrol or EGCG
- **VEGF** - aspirin
- **PDGF** - resveratrol
- **TGFβ** - resveratrol
- **FGF** – bromelain

### 4. Abnormal Immune Response

- Shark Liver Oil
- Medicinal mushrooms
- Bifidobacteria
- Berberine
- Metformin (berberine and metformin favourably affect gut flora)

### 5. Fast Cell Division

- Mebendazole
- Feverfew